

Recognising the abuse of adults at risk		
Type of Abuse	Physical examples	Behaviour Indicator
Physical	Hitting, slapping, pushing, kicking, misuse of medication, being locked in a room, inappropriate sanctions or force-feeding, inappropriate methods of restraint, and unlawfully depriving a person of their liberty	<ul style="list-style-type: none"> • Unexplained or inappropriately explained injuries • Person exhibiting untypical self-harm • Unexplained bruising to the face, torso, arms, back, buttocks, thighs, in various stages of healing. Collections of bruises that form regular patterns which correspond to the shape of an object or which appear on several areas of the body • Unexplained burns on unlikely areas of the body (e.g. soles of the feet, palms of the hands, back), immersion burns (from scalding in hot water/liquid), rope burns, burns from an electrical appliance • Unexplained or inappropriately explained fractures at various stages of healing to any part of the body • Medical problems that go unattended • Sudden and unexplained urinary and/or faecal incontinence • Evidence of over-/under-medication
Sexual	Rape, sexual assault or sexual acts that the adult at risk has not consented to. Including: penetration of any sort, incest, situations where the alleged abuser touches the abused person's body (eg breasts buttocks, genital area), exposes his or her genitals, coerces the abused person into participating in or looking at pornographic videos or photographs	<ul style="list-style-type: none"> • Person has urinary tract infections, vaginal infections or sexually transmitted diseases that are not otherwise explained • Person appears unusually subdued, withdrawn or has poor concentration • Person exhibits significant changes in sexual behaviour or outlook • Person experiences pain, itching or bleeding in the genital/anal area • Underclothing is torn, stained or bloody. • A woman who lacks the mental capacity to consent to sexual intercourse becomes pregnant
Psychological	Includes 'emotional abuse'; threats of harm or abandonment, deprivation of contact, humiliation, rejection, blaming, controlling, intimidation, coercion, indifference, harassment, verbal abuse (including shouting or swearing), and isolation or withdrawal from services or support networks	<ul style="list-style-type: none"> • Untypical ambivalence, deference, passivity, resignation • Person appears anxious or withdrawn, especially in the presence of the alleged abuser • Person exhibits low self-esteem • Untypical changes in behaviour (e.g. continence problems, sleep disturbance) • Person appears over dependant on a third party to answer for them
Financial or material abuse	Theft, fraud, exploitation, pressure in connection with wills or property and the misappropriation of property or benefits. It also includes the withholding of money or the unauthorised or improper use of a person's money or property. Staff	<ul style="list-style-type: none"> • Lack of money, especially after benefit day • Inadequately explained withdrawals from accounts • Disparity between assets/income and living conditions • Service user not in control of their direct

	borrowing money or objects from a service user is also considered financial abuse.	payment or individualised budget
Neglect and acts of omission	<p>Ignoring medical or physical care needs, failure to provide access to appropriate health, social care or educational services, and the withholding of the necessities of life such as medication, adequate nutrition and heating.</p> <p>A failure to intervene in situations that are dangerous to the person concerned or to others, particularly when the person lacks the mental capacity to assess risk for themselves</p>	<ul style="list-style-type: none"> • Person has inadequate heating and/or lighting • Person's physical condition/appearance is poor (e.g. ulcers, pressure sores, soiled or wet clothing) • Person is malnourished, has sudden or continuous weight loss and/or is dehydrated • Person cannot access appropriate medication or medical care • Person is not afforded appropriate privacy or dignity • Person and/or a carer has inconsistent or reluctant contact with health and social services • Callers/visitors are refused access to the person • Person is exposed to unacceptable risk
Discriminatory abuse	<p>Discrimination on the grounds of race, faith or religion, age, disability, gender, sexual orientation and political views, along with racist, sexist, homophobic or ageist comments or jokes. It also includes not responding to dietary needs and not providing appropriate spiritual support</p>	<p>May not always be obvious and may also be linked to acts of physical abuse and assault, sexual abuse and assault, financial abuse, neglect, psychological abuse and harassment, so all the indicators listed above may apply to discriminatory abuse</p> <p>A person may reject their own cultural background and/or racial origin or other personal beliefs, sexual practices or lifestyle choices</p>